AMENDMENTS

Claim 1 (currently amended): A method of treating an auto-immune disease in an animal comprising the step of orally administering a dosage of about 50 I.U./kg to about 25,000 I.U./kg of a type one interferon to said animal such that the type one interferon is ingested ~~immediately~~ upon oral administration.

Claim 2 (currently amended): The method of claim 1, wherein said interferon is ~~selected from~~ alpha-interferon ~~and~~ or beta-interferon.

Claim 3 (original): The method of claim 2, wherein said interferon is selected from the group consisting of human recombinant interferon, rat interferon and murine interferon.

Claim 4(canceled).

Claim 5 (original): The method of claim 1, wherein said interferon is administered every other day.

Claim 6 (original): The method of claim 1, wherein said animal is a human.

Claim 7 (original): The method of claim 1, wherein said auto-immune disease is selected from the group consisting of multiple sclerosis, rheumatoid arthritis, diabetes mellitus, psoriasis, organ-specific auto-immune diseases, chronic inflammatory demyelinating polyradiculoneuropathy and Guillain-Barré syndrome.

Claim 8 (currently amended): A method of decreasing the severity or frequency of a relapse of multiple sclerosis in a human comprising the step of orally administering a dosage of about 50 I.U./kg to about 50,000 I.U./kg of a type one interferon to said animal such that the type one interferon is ingested ~~immediately~~ upon oral administration.

Claim 9 (currently): The method of claim 8, wherein said interferon is ~~selected from~~ alpha-interferon ~~and~~ or beta-interferon.

Claim 10 (original): The method of claim 8, wherein said interferon is selected from the group consisting of human recombinant interferon, rat interferon and murine interferon.

Claim 11(canceled).

Claim 12 (original): The method of claim 8, wherein said interferon is administered every other day.

Claim 13 (original): A method of reducing inflammation associated with an auto-immune disease in an animal comprising the step of orally administering a type one interferon to said animal such that the type one interferon is ingested after oral administration.

Claim 14 (original): The method of claim 13, wherein said interferon is selected from alpha-interferon and beta-interferon.

Claim 15 (original): The method of claim 13, wherein said interferon is selected from the group consisting of human recombinant interferon, rat interferon and murine interferon.

Claim 16 (original): The method of claim 15, wherein said interferon is administered in a dosage of from about 50 I.U./kg to about 25,000 I.U./kg.

Claim 17 (original): The method of claim 13, wherein said animal is a human.

Claim 18 (original): The method of claim 13, wherein said auto-immune disease is selected from the group consisting of multiple sclerosis, rheumatoid arthritis, diabetes mellitus, psoriasis, organ-specific auto-immune diseases, chronic inflammatory demyelinating polyradiculoneuropathy and Guillain-Barré syndrome.

Claim 19 (currently amended): A method of decreasing the levels of a cytokine in an individual having multiple sclerosis, comprising the step of orally administering a dosage of about 166 I.U./kg to about 500 I.U./kg of a type one interferon to said individual, wherein said cytokine is selected from the group consisting of TGF-β, IL-2, IL-10, IFN-γ and ICAM-1; and wherein said

type one interferon is ingested ~~immediately~~ upon oral administration.

Claim 20 (canceled).